

MS Sufferer with Needle-Phobia

I suffer from MS and have to inject myself every week. Things were fine for the first couple of years but then I developed a fear of needles which left me pretty much unable to inject myself and reliant on my husband to help me. I asked Linden if she thought Tapping might help and **we decided to give it a go; 10 minutes later, I had no anxiety or fear about injecting myself** and went home and performed the injection with no problems at all - I was stunned.

I have subsequently Tapped on myself prior to each week's injection and have no problems with it at all! Compared to a year ago when I was considering coming off my drugs because I didn't know how to deal with my fear, I now feel I have the tool to help me get through the injections without any problems.

I can't describe the change it has made to me - I've gone from dreading it every week to not worrying about it! I can't thank you enough

C, High Wycombe

Fear of Worms/Snakes

I was chatting to Linden one day when the subject of Tapping (EFT) came up. In fact we didn't spend long talking about it but enough time to intrigue me. After all it wasn't as if my phobia was something that I would come across every single day of my life so I had not ever had the inclination to seek help in other ways as I had heard of counsellors dragging up the past etc, ... but this was worth a go.

I certainly did not expect that it would lead to me being able to spend hours at a time in the garden without running inside in a cold sweat the moment I saw a worm. My biggest phobia was that of snakes (I couldn't have even written the word before! let alone said it) and anything snake like which included worms! Not only could I not bear to look at the real thing, my phobia extended to drawings in books depicting funny pictures of them. I did not tap for long, around 2 weeks, intensely for the first few days and then once a day for the next few days and then every other day. My phobia has now left me to the extent that I can pick up a worm that is in my way in the garden and put him somewhere else and not turn my head or leave the room when a snake comes on the television. Over the years on family outings to Zoos I would be the one waiting outside whilst the rest of the family toured the reptile house and on. I urge anyone to try it – it's non-intrusive, painless, drug free and you can do it anywhere and the best part is that you don't have to believe that it will work - it just will! I'm grateful to Linden to introducing me to this technique.

M, High Wycombe

Smoking

Tapping has helped me greatly. It takes the edge off wanting a cigarette, and in addition makes me in general feel very peaceful and calm... amazing!

S, High Wycombe

Horrendous indigestion-like pains

"Don't just SAY you'll do it DO it!!!"

These are the words Linden said to me time and time again if I complained of any ongoing aches and pains or emotional problems. I even got as far as downloading the tapping points. Needless to say, I never did tap of course. Then something happened to make me go that one step further. Linden became so passionate about the subject and the day I visited her, I was feeling a bit down. There I was telling her about my emotions when she asked me if I wouldn't mind her tapping on me. What was there to lose? Absolutely nothing but so much to gain. I could not believe how, and in such a short space of time, I could feel so much more positive.

Well, that was the emotional side of things, but the most dramatic for me was the physical pain aspect. I have been suffering on and off for years with the most horrendous indigestion-like pains which quite often come on in the evening or wake me up at night. I have, on at least five occasions, been taken to the on-duty doctors and once to A&E because I had difficulty breathing, possibly due to panic more than anything. I've now been diagnosed with gallstones and am having my gall bladder removed next month.

I was on holiday in Turkey recently, when I was suddenly awoken by the pain and immediately started to panic thinking I will have at least 7 hours of this before I get to see someone. I got up and sat in the lounge where I went through the tapping points that Linden had taught me. To my utter amazement, I felt a tingling sensation in the affected area and then, as if by magic, the pain literally 'melted' away. I could not believe it! I went back to bed and waited for the pain to come back. It didn't. I was so thrilled, all I could think of was texting Linden to let her know, but I wasn't so sure she'd want to know at 2 in the morning. I hung on until 7 and then texted her to let her know and to thank her. I think she was just as pleased as I was.

Since that day, I think I have become almost as passionate about tapping as Linden. My family were sceptics until I tapped away my youngest daughter's headache on more than one occasion and even my husband's head cold headache just this weekend. Now I know why Linden said to me "Don't just SAY you'll do it, DO it" and I do.

Thank you Linden.

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